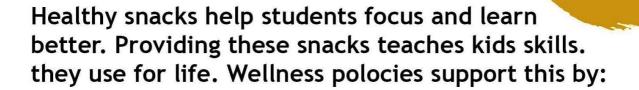
## Healthy Snacks



- Encouraging Variety: Different fruits and veggies each week give students essential nutrients.
- Promoting Smart Choices: Following smart snack guidelines ensures snacks are healthy and nutritious.
- Encouraging Healthy Choices: Support healthier celebrations and snacks by choosing nutritious options and advocating for non-food rewards at school.

These healthy habits start at home, and schools help teach and reinforce them for lifelong benefits.

## Join the movement!

Support healthy snacks at school and home. Let's work together for a healthier, brighter future for our kids!

Check out

's guide



